

The Care of the Mother



Commonwealth of Pennsylvania

Department of Health

BUREAU OF MATERNAL AND CHILD HEALTH

Dodger No. 1.



THE CARE OF THE MOTHER

The Welfare of the Child is Wrapped Up in That of the Mother.

The life, health, and normal development of the child depend largely on the health and protection of the mother.

The chances of the baby's living depend on:

1. Sufficient income for family needs.
2. Health and right living of parents.
3. Protection of the expectant mother from overwork, underfeeding, overfeeding and worry.
4. Skilled supervision of pregnancy and confinement.
5. Rest and adequate care during the lying-in period.
6. Maintenance of breast feeding.
7. Intelligent mother care in the home.
8. Good sanitation in the neighborhood of the home.

BEFORE THE BABY COMES.

See that the mother has:—

1. Early consultation with a well-trained physician, complete physical examination, including pelvic measurements.
2. Regular and frequent examination of the urine and blood pressure.
3. Regulation of constipation, by food if possible (green vegetables, fruit, coarse breads and plenty of water.)
4. Daily bath to increase elimination by the skin.
5. Attention to the teeth and necessary dentistry.
6. Sufficient rest and sleep, at least 8 hours, with open windows, at night.
7. Wasserman Blood Test.
8. Suitable work and exercise, out of doors, short of fatigue.
9. Proper Clothing.
10. Nourishing diet containing plenty of milk and cereals. Excessive increase in weight to be guarded against by frequent weighing and necessary reduction in diet.

TRAINED ATTENDANCE DURING CONFINEMENT.

The skilled assistance necessary to make confinement safe demands a special training.

The best surgeon is none too good if one is suffering from appendicitis or a broken leg. A trained veterinarian is always called in for valuable farm stock.

The life and future health of a wife and child warrant the best medical and nursing skill available.

A good hospital is the safest place for a mother and baby at the time of confinement.

"Pregnancy is not a disease—it is only health under a strain. Learn how to ease the strain."

AFTER THE BABY COMES.

The mother should rest in bed 10 days and should not resume full household duties for at least one month after confinement.

She needs this period of rest:

1. To heal and recuperate.
2. To prevent hemorrhage.
3. To produce milk for her baby.

The energy of the mother's food must not be used up in hard manual labor instead of going into breast milk for the baby. Hard work, inside or outside the home, robs the baby of his rights.

When every expectant mother is properly cared for at home, and when every expectant mother has skilled supervision and attention during pregnancy, confinement, and the lying-in period, MOTHERHOOD WILL BE SAFE FOR WOMEN.

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LEARN MORE.**

